



Russian Hourglass - Bout Training

Category: Technical: Attacking skills
Difficulty: Beginner | **Start Time:** 19-Aug-2015 19:10h

Am-Club: Boise Timbers Thorns
Eric Simonsen, Meridian, United States of America

Description

Russian Hourglass Training Model
Bouts
General Tech/Tact
FCN Youth League Coaches Education

GAME (5 mins)

Organization of Session

Organize players into teams
Balls by goals so they maximize touches
LET THEM PLAY
3-4 minute game

Key Points

PLAY - LEARN THRU PLAY - Establish Focus and Enhance "Why the come to soccer?" = TO PLAY

Coaching Points

No interruption
Establish Positive Tone/Statements and Interaction

ASSESS:

- 1 - Assess topic area you want to focus on if one technique or tactic
 - 2 - Assess the game, see what is breaking down and then that drives the training phase/bout
- * Your choice



FOCUS Training (10 mins)

Organization of Session

Pick an activity that highlights a technical, tactical or both and work on that focus in formal training environment/activity
7-10 minutes

Example Here:

Players in the first field/box
Everyone with a ball
Dribbling - focus

Key Points

On coaches command they are to perform a set move/footskills/surface series, then dribble out
Dribbling beyond coaches command is all freestyle - can coach points in this phase also
Keep Coaching points/stoppages to one point and get them going again

CAN, perform a progression within this phase - tails

Coaching Points

Keep the ball under control - far enough we can get head up/see, close enough we can do something with the ball
Vary surfaces and foot used for technical refinement and confidence
Technical Points of Dribbling - creativity, control, acceleration, change of direction/pace



GAME 1 (5 mins)

Organization of Session

Organize players into teams - change opponents

Balls by goals so they maximize touches

LET THEM PLAY

3-4 minute game

RESTRICTION GAME (IF NEEDED):

Must touch the ball 4 times prior to passing OR

Can score regular goal, or also score a goal by dribbling over oppositions end line with control OR

Etc.



FOCUS Training (10 mins)

Organization of Session

Pick an activity that highlights a technical, tactical or both and work on that focus in formal training environment/activity

7-10 minutes

Examples Here:

PHASE 1: Players in a diamond, arranged by cones

Balls with coach/server

Passing/Receiving Focus

PHASE 2:

Introduction of Pressure Activity

Key Points

Focus on quality passing techniques, receiving/first touch and small group shape (diamond)

Keep Coaching points/stoppages to one point and get them going again

CAN, perform a progression within this phase as noted above

Coaching Points

Proper weight and accuracy of the pass, locked ankle, stepping through the ball

Receiving, preparing the receiving surface, cushioning on contact and moving the ball the direction they want to pass next

Vary surfaces and foot used for technical refinement and confidence - if able - main thing reward creativity when performed/attempted if close/proficient

Technical Points of Passing/Receiving - creativity, control, acceleration, change of direction/pace

Tactical Points of where ever the ball goes - person on the ball has left-right-split (penetrating) options



GAME 2 (5 mins)

Organization of Session

Organize players into teams - change opponents

Balls by goals so they maximize touches

LET THEM PLAY

3-4 minute game

RESTRICTION GAME (IF NEEDED):

Can score regular goal, or also score a goal by completing 4 passes prior to defending group winning the ball OR

4 passes = 2 goals

Goal = 1 goal



FOCUS Training (10 mins)

Organization of Session

Pick an activity that highlights a technical, tactical or both and work on that focus in formal training environment/activity

7-10 minutes

Example Here:

Players in the entire space - using both fields, ignore the sideline

Each Color gets 2 balls - creating 2 pairs of each color

Combination Play - "Wall Pass" focus

Key Points

Without leaving the space, pairs try and combine around another color, using a wall pass.

Player from another team gets knocked out:

They can juggle feet only 15 times in a row and get back in OR if their team knocks someone out have choice - CHOICE - knock other color out or bring one of theirs outside back into play

Opponents CANNOT steal the ball, but they can "run/back out" of an attempted combination

Coaching Points

Can we combine to beat an opponent, penetrate or keep possession with another teammate

Dribbling sets up the cue, play with outside of foot to support player/wall, who plays 1 touch to initial player running (demanding" for the ball back) = combination

Technical points of dribbling, passing

Tactical Points of timing, combination play, shape, vision, etc.



GAME 3 (10 mins)

Organization of Session

Organize players into teams - back to original opponents

Balls by goals so they maximize touches

LET THEM PLAY

Extended end of training, set time game

